

## IMPORTANCE OF MARMA THERAPY IN SPORTS INJURY W.S.R. TO ROTATOR CUFF INJURY

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### ABSTRACT

Marma is defined as anatomical site where Mamas, Sira, Snayu, Asthi and sandhi meet all together. Injuries that most commonly occur during sports or exercise are called sports injury such as rotator cuff injury. Marma therapy is effective in sports injury. The Rotator Cuff (RC) is a common name for the group of 4 distinct muscles supraspinatus, infraspinatus, teres minor, subscapularis and their tendons. As a group, the rotator cuff muscles are responsible for stabilizing the shoulder joint, by providing the "fine tuning" movements of the head of the humerus within the glenoid fossa. They are deeper muscles and are very active in the neuromuscular control of the shoulder complex during upper extremity movements. Most common injuries to the rotator cuff are acute, chronic and degenerative. Pain can be localized to anterior, lateral aspect of the shoulder, with referred pain down the upper arm. Athletes competing in overhead sports are more prone to this injury- Press and release 20-

25 times. Two to three times a day Marma point. Stimulation of Marma can produce analgesia. It is effective in this injury. While generally safe Marma therapy might have potential side effects and contraindication for certain individuals such as pregnant women or those with specific health conditions. It is important to disclose any pre-existing health issue to your therapist before starting treatment.

### INTRODUCTION

Marma therapy is a profound technique within Ayurveda that involves the stimulation of specific point in body to promote healing, balance energies and enhance overall wellbeing.

Marma is defined as anatomical site where Mamas, Sira, Snayu, Asthi and sandhi meet all together. Injuries that most commonly occur during sports or exercise are called sports injury such as rotator cuff injury. Marma therapy is effective in sports injury.

## AIM

Importance of Marma therapy in sports injury W.S.R. to rotator cuff injury.

## OBJECTIVE

- To study the rotator cuff muscles and their function.
- To study the rotator cuff injury.
- To study who are more likely to have the rotator cuff injury.
- To study the Amsa Marma and its Marmaghat symptom.
- To study the Marma therapy and related Marma structure.

## REVIEW OF LITERATURE

मर्माणि नाम मांस सिरा स्नायु अस्थि संधि सन्निपाताः ।

तेषु स्वभावत एव विशेषण प्राणाः तिष्ठन्ति ॥

(सु.शा.6/22)

मांस सिरा स्नायु अस्थि और संधि के संयोग स्थान मर्म है इनमें स्वभाव से ही विशेष करके प्राण रहते हैं ।

सप्तोत्तरं मर्म शतम् ।

( सु.शा.6/3 )

स्नायु मर्म अभिघात लक्षण —

कौब्जयं शरीरावयवासादरु क्रियास्वशक्तिस्तुमुला रुजश्च

चिराद् व्रणो रोहति यस्य चापि तं स्नायु विद्धं मनुजं व्यवस्येद ॥

(सु.सू. 25/37)

आचार्य सुश्रुत के अनुसार स्नायु मर्म के अभिघात से कुब्जता शरीर अवयव अवसाद क्रियाओं का अवरुद्ध हो जाना , रुजा , चिरकालिक व्रण आदि लक्षण होते हैं ।

## MATERIAL

- Shushrut Sanhita Sharir Sthan Dr. Bhaskar Govind Ghanekar.
- Marma science and principles of Marma Therapy book Dr. Sunil kumar Joshi.
- Web sites.

## METHOD

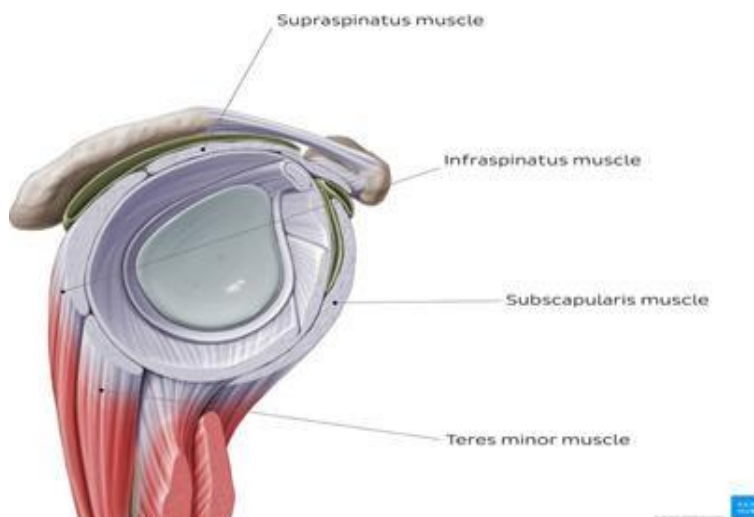
- Literature review.

## ROTATOR CUFF AND THEIR FUNCTION

The Rotator Cuff (RC) is a common name for the group of 4 distinct muscles and their

tendons. It's a ball and socket joint.

NAME OF MUSCLE	ORIGIN ON SCAPULA	INSERTION ON HUMERUS	PRIMARY FUNCTION
SUPRASPINATUS	SUPRASPINATUS FOSSA	SUPERIOR FACET OF GREATER TUBERCLE	ABDUCTION
INFRASPINATUS	INFRASINATUS FOSSA	MIDDLE FACET OF GREATER TUBERCLE	EXTERNAL ROTATION
TERES MINOR	LATERAL BORDER OF SCAPULA	INFERIOR FACET OF GREATER TUBERCLE	EXTERNAL ROTATION
SUBSCAPULARIS	SUBSCAPULAR FOSSA	LESSER TUBERCLE	INTERNAL ROTATION



## FUNCTION

As a group, the rotator cuff muscles are responsible for stabilizing the shoulder joint, by providing the "fine tuning" movements of the head of the humerus within the glenoid fossa. They are deeper muscles and are very active in the neuromuscular control of the shoulder complex during upper extremity movements. They are essential players in almost every type of shoulder movement. Balanced strength and flexibility in each of the four muscles are vital to maintain functioning of the entire shoulder girdle.

## ROTATOR CUFF INJURY

Most common injuries to the Rotator Cuff.

Type – Acute (due to sudden accident)

Chronic (due to over use of overhead movement) Degenerative (due to age)

Rotator Cuff Tears (micro or macro tearing of the muscles or tendons)

Rotator Cuff Tendinitis (acute inflammation of the RC soft tissue)

Rotator Cuff Tendinopathy (chronic irritation or degeneration of the RC soft tissue)

Impingement syndrome (biomechanical dysfunction of the shoulder complex with causes abnormal wear and tear on the RC soft tissue).

**SIGN AND SYMPTOM**

**The most common signs of rotator cuff injuries are**

PAIN (may or may not be present). can be localized to anterior / lateral aspect of the shoulder, with referred pain down the upper arm (lateral aspect).

**Painful range of motion**

Painful arch (degrees vary - generally above shoulder height)

Painful external rotation / internal rotation / abduction

MUSCLE WEAKNESS in the shoulder joint (particularly abduction and ER)

**Functional impairments**

(Difficulty lifting, pushing, overhead movements and movements with hand behind the back (IR)).

**MORE LIKELY TO HAVE THE ROTATOR CUFF INJURY.**

Athletes competing in overhead sports – Baseball, Tennis, Basketball, Golf, Bowler in Cricket, Swimming.

Over age 40.

Over use of overhead movement under 60 – 120 degrees.

**AMSA MARMA AND ITS MARMAGHAT SYMPTOM****AMSA MARM**

बाहु मुर्धा ग्रीवा मध्ये अंस पीठ स्कन्ध निबन्धौ अंसौ नाम तत्र स्तब्ध बाहुता।

(सु.शा.6/27 )

बाहुशिर और ग्रीवा के मध्य में अंस पीठ और कंधे को बांधने वाले अंस नामक मर्म हैं, वहां पर वेध होने से बाहुओं में स्तब्धता होती है।

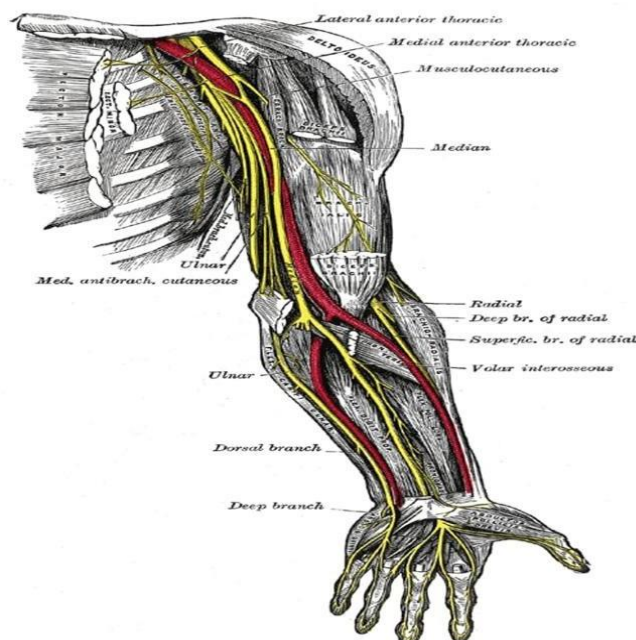
**MARMA THERAPY AND RELATED MARMA STRUCTURE**

For shoulder pain in rotator cuff injury

**DURATION** - Press and release 20-25 times. Two to three times a day. All marma point.

MARMA FOR STIMULATION	RELATED STRUCTURE	NERVE INERVATION FOR STIMULATION CONDUCTION
KSHIPRA MARMA	Dorsal metacarpal artery, Flexor Pollicis Brevis,	Branch of Median nerve
TALAHRIDAYA MARMA	Deep palmar arch, Abductor Pollicis longus, Flexor Pollicis brevis	Branch of Median and ulnar nerve

MANIBANDHA MARMA	Radio-ulnar joint, radio- carpal joint, Radial artery	Ulnar nerve and Median nerve
KURPARA MARMA	Elbow joint, Brachialis, Brachioradialis, Radial artery, Ulnar artery, Brachial artery	Ulnar nerve Median nerve and Radial nerve
ANI MARMA	Biceps brachii, Brachial artery	Median and Radial nerve
AMSA MARMA	Rotator cuff muscles, Subclavian artery	Axillary nerve and Subscapular nerve
AMSAPHALAK MARMA	Subscapular muscle and artery	Subscapular nerve



## DISCUSSION

According to modern view, the place of Ansa Marma should be celebrated in the shoulder region between the neck and arm region. Rotator cuff, trapezius muscle, glenohumeral ligament, coracohumeral ligament, 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup> Thoracic nerve, subclavian are included in the circumference of half an inch in the said place. It happens.

Trauma to the core will cause damage to the rotator cuff and the 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup> thoracic nerves and parts of the glenohumeral, coracohumeral ligament located here. Symptoms of trauma to the core are similar to the symptoms of rotator cuff injury.

Trauma will hamper the mobility of the shoulder joint and over time this will manifest as numbness in the arm.

The symptoms of Ansa Marma injury are similar to those of Rotator cuff injury. For relief of shoulder pain, we stimulate some deep points of the upper limb of the shoulder of the affected side.

Rotator cuff injury is common source of shoulder pain.

We can do Marma therapy for relief of shoulder pain caused by rotator cuff injury.

Stimulation of Marma can produce analgesia by secreting a number of prostaglandin inhibitor, endorphins, interferon, and other opioid like substance which are hundred times more potent than opium.

## CONCLUSION

The symptoms of injury to the anus are similar to the symptoms of rotator cuff injury. Rotator cuff injury is a sports injury. Shoulder pain occurs in rotator cuff injury. In sports injury, players should undergo Marma therapy for instant relief of pain. For shoulder pain, instant relief is obtained by stimulating the Marma point of the upper limb. Marma therapy is a very useful therapy in sports injury.

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